

# EARLY YEARS HEALTH PREVENTATIVE CHECK-UPS FOR CHILDREN

## INFORMATION FOR OUR PATIENTS

Dear Parents,

During the first years of life, your child goes through numerous development stages. In order to detect illnesses or possible developmental delays at an early stage and to react accordingly, there are regular preventative check-ups – from U1 at birth through to U9 at five years. This is an important part of your child's health care.

During these ten check-ups over the first six years, the doctor will check if your child's development is healthy and typical for her/his age. Your doctor will also inform you about vaccinations. The examinations are carried out by both paediatricians and GPs. Statutory health insurance providers pay the costs.

The preventative check-up programme is regularly reviewed and updated: for 2017 doctors will be offering advice on issues such as nutrition, exercise, media consumption, and on regional parent-child services.

### WHY COME TO U? – FOUR GOOD REASONS

- The check-ups can detect possible developmental delays and illnesses at an early stage.
- During the check-up, as parents you have the opportunity to ask your paediatrician questions about your child's development or behaviour.
- Your doctor will also advise you how to support your child's health and development and avoid potential risks. The focus is on issues such as nutrition, exercise, preventing accidents, and even media consumption.
- Your doctor will provide you with information about regional support services, such as parent-child programmes or health visitors.

### OVERVIEW OF THE TEN PREVENTATIVE CHECK-UPS

U1: First check-up for newborns

U2: 3 – 10 days old

U3: 4 – 5 weeks old

U4: 3 – 4 months old

U5: 6 – 7 months old

U6: 10 – 12 months old (1 year)

U7: 21 – 24 months old (2 years)

U7A: 34 – 36 months old (3 years)

U8: 46 – 48 months old (4 years)

U9: 60 – 64 months old (5 years)

Afterwards, there is also the J1-check-up for young people aged between 12 and 14. Some health insurance providers offer two additional check-ups for school children (U10 and U11) and a further adolescent check-up (J2). Please ask your health insurance provider.

You can find further information in the yellow "child check-up booklet", which is provided by the maternity clinic or your doctor. The check-ups are recorded in this booklet.

With best regards from your practice team